



# BLUNT'S BIG CATCH

SALMON FISHING IN THE YEMEN STAR RECALLS THE ONE THAT LUCKILY GOT AWAY, AND IT WASN'T A FISH PAGE 20



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Monday, March 12, 2012



## 17th Ave: Demise or evolution?

### Risk to the neighbourhood.

Business-revitalization group says proliferation of food and drinking establishments in area comes with the risk of turning storied area into 'Electric Avenue No. 2'



JEREMY NOLAIS

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Years of fighting for divided interests along one of Calgary's most storied avenues has led to little change, leading those claiming to represent the little guys to fear the worst.

By night, uptown 17th Avenue, a clutter of more than 200 businesses between 14th and 2nd Street Southwest, remains a vibrant hotspot for

those wishing to wine, dine or cheer on local sport franchises.

But it's by day when local business revitalization representatives see cause for great concern.

Without pause, business-revitalization zone executive director Barbara Stein is able to list off retail outlets — many independent — that have failed in recent years, stating the overall number is in the dozens and forever climbing.

"Shoe stores, piano stores, art galleries, specialty gifts, you name it, we are losing our daytime economy," she said.

"It's dying... We have gone from all kinds of wonderful kiosk stores and evolved into a street of restaurants and bars."

Sources of great contention exist in relaxations continually granted by city planners for retail type and parking, as well as rents that have quintupled in some cases.

While some, like Stein, la-

ment the changing landscape, others paint it as an area filled with potential.

"More than ever, 17th Avenue has the potential to thrive," said Rob Taylor, president for Beltline Communities, which represents the area.

"All it will take is co-operation.... More development and infrastructure are what's needed.

"There are people who can and want to make that happen."

### A look at what's ahead

17th Ave: Demise or evolution? Metro's four-part series:

- **Tuesday.** Small-time owners paint ugly picture of changing area
- **Wednesday.** Area residents take the good with the bad
- **Thursday.** Where will all the good shoppers go?



Pedestrians walk along a portion of uptown 17th Avenue Sunday. Dozens of "daytime" businesses along the popular stretch have closed in recent years. JEREMY NOLAIS/METRO

### Looking to zombies for inspiration

Charity organizer set to join in on the zombie craze in hopes of doing good for children-support groups PAGE 4

### Killing spree in Afghan village

U.S. soldier allegedly kills 16 civilians in shooting spree, worsening the crisis over Qur'an burnings and threatening a deeper breach in U.S.-Afghan relations PAGE 10

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Brazen shooting

Suspect arrested in LRT platform shooting

Police have charged a man in connection with a brazen shooting at a downtown LRT station Friday.

The incident took place in the 600 block of 7th Street Southwest around 10:20 p.m. Witnesses said a suspect, who had recently been kicked out of a nearby pub, got into a verbal argument with another person and eventually shot him at point-blank range.

The victim remained in hospital Sunday.

David Eugene Traynor, 24, faces six charges, including attempted murder. He will appear in court Friday.

METRO

Memorial

Four Filipinos killed in crash remembered

Hundreds gathered Sunday to say goodbye to four Filipinos killed in a highway crash a week ago.

Anthony Subong Castillon and Joey Flores Mangonon, both 35, Eden Dalu Biazon, 39 and Josefina Flores Velarde, 52, died in a head-on collision on Highway 2 near Innisfail.

Josephine Gaila Tamondong, 28, survived the crash.

"Josefina, Joey and Anthony were not temporary foreign workers, they were our colleagues, our friends and they are our family," said Kelly McCauley, general manager of Coast Plaza Edmonton Hotel at the packed public memorial.

Donations can be made at any ATB branch to the Accident Victims Fund, which will help send the crash victims home to the Philippines.

Tyler James Stevens, 29, faces 14 charges related to the crash. SHELLEY WILLIAMSON / METRO IN EDMONTON



Four signs are seen on this lamppost located along 5th Avenue Southeast near Macleod Trail. The city parking authority is pushing to compress those together into one design that is easier to read. JEREMY NOLAIS/METRO

# Parking officials want modern signs

**Clutter.** Weekday and weekend parking, snow routes, as well as tow- and loading-zone notifications leading to confusion for some motorists



JEREMY NOLAIS

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Calgary parking officials are working on their sign language, so to speak.

Initial concepts are being drafted to replace the clutter of signs on some downtown streets with one easy-to-read design.

With the introduction of snow-route-notification signs late last year, some streets now carry five signs on a single lamppost, explained parking authority manager Troy McLeod.

Couple that with construction zone notifications, as well as signs directing traffic to city attractions, and McLeod admits many motorists are left scratching their heads.

"This would make it simpler ... especially for people who maybe aren't used to Calgary signage," he said. "Certainly, there is some complexity with the signage."

Formal concepts are still being drafted, but a sneak peek of the rough design provided to Metro shows a single, stacked sign featuring available parking times fore-

## New concepts

- The City of Calgary traffic department will be vetting new concepts for parking signage in the months ahead and could choose a number of concepts to pilot.
- Parking-authority officials would then be tasked with surveying the public on the new designs, specifically focusing on readability, said manager Troy McLeod.
- Complaints over the small size and scarce number of snow-route signs led to numerous complaints, including one from Alderman John Mar, during a parking ban last week that saw more than 1,300 vehicles ticketed.

ery day of the week, as well as symbols denoting a snow route and other restrictions in the area.

Calgary father Myles Orosz welcomed the potential changes, lamenting the fact he drove around for 15 minutes in the near-deserted downtown core, trying to figure out where to park before skating with the family at Olympic Plaza.

"If I came down, maybe it would be OK," he said. "It's hard to figure out when you have to pay and how much.... There are loading zones, too, and it's all kind of mixed together. It's kind of crazy."

Quebec icon Celine Dion and Montreal landmark Schwartz's deli are fitting together like smoked meat and rye. Scan the code for the story.

On the web

## Robocall rally

Nearly 100 hit the steps of Calgary city hall Sunday to protest election fraud. Find out more at metronews.ca/calgary

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## The Sociable. Calgarians and Edmontonians pair up for some Brier-mania

Final rocks have been thrown for this year's Tim Hortons Brier, but during the week many fans found their eyes curiously drifting to a group of Albertans in the stands.

Known as The Sociable, the group made up of seven Calgarians and two Edmontonians has donned outfits resembling everything from a foosball team to The Blues Brothers.

"We came down for the party for the most part," said member Nathan Woynarski. "The Brier is really one of the most Canadian things you can do."

The Sociable has stirred up a great deal of recognition at the Saskatoon bonspiel, drawing



Members of The Sociable are seen in their sailor outfits during Friday action at the Tim Hortons Brier.  
CONTRIBUTED

coverage from nearly every local-media outlet and receiving loud cheers during their rousing celebrations. **JEREMY NOLAIS**

### Safety risk

#### Gas leak leads to evacuation

Dozens were evacuated and roads were closed in Sunnyside Sunday amid concerns caused by a natural-gas leak. Crews performed safety evaluations all day. **METRO**

### Mystery party

#### #projectkris party an irritant

Under-aged supporters of a Calgary house party that gained attention on Twitter vented frustration on social media over the mystery location — revealed to be the Back Alley. **METRO**

# Risking a zombie bite in the name of children



Tara McLaughlin is seen here in her finest undead get-up but admits she will likely side with the humans when Apocalypse Wars comes to Calgary.  
CONTRIBUTED

**Living dead.** Feeding off undead fad, groups unite for charity by offering hours-long biting frenzy



**JEREMY NOLAIS**

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Much of the human race has been lost.

Hordes of sprinting zombies have descended on Calgary's St. Patrick's Island, desperately thirsting for flesh from a few remaining survivors.

But somewhere on that very same island is a glimmer of hope — a cure that went down with a biplane. The race is on; who will prevail?

That scenario is what one Calgary entrepreneur hopes will draw hundreds to her charity event of the undead kind.

Deemed Apocalypse Wars, Tara McLaughlin said she is simply feeding — pun intended — off the pop-culture zombie craze in hopes of doing good for

### Survival

"I think it's exciting for people to think about surviving that way in really dire situations.... With zombies, there are so many people that just love them and want to be a part of that culture."

Tara McLaughlin, *Apocalypse Wars* Calgary organizer, [apocalypsewars.ca](http://apocalypsewars.ca)

children-support organizations.

"It's just about people getting out and having a good time," she said.

In a game similar to capture the flag, zombies will outnumber humans three to one. Humans will have the ability to hunt the undead — ripping off flags to slow their mobility to a stagger and, eventually, a crawl — but also run the risk of joining the horde themselves.

Social-networking site Yelp will be on site, "infecting" zombies with makeup and accessories.

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# Vikileaks raises debate about handling of divorce records

**Privacy.** Public Safety Minister Vic Toews' case has prompted questions on whether peeking into divorce files should be allowed

When details of Vic Toews' difficult divorce were splashed across Twitter, many Canadians shared a commiserating shudder with the public safety minister.

Those who've been through an ugly split involving litigation know some of the most intimate details of their lives are often contained in publicly accessible records.

That includes not just bitter affidavits but social insurance numbers, tax returns, mortgage statements, investment details — the list goes on. Even if a case is settled prior to going before a judge, the files remain.

Some family-law and privacy experts suggest the time has come to change the way divorce records are handled.

Toews last week obtained a court order to see who had

accessed his divorce file — parties to the litigation and journalists would not be listed. But that didn't change the public nature of the file itself.

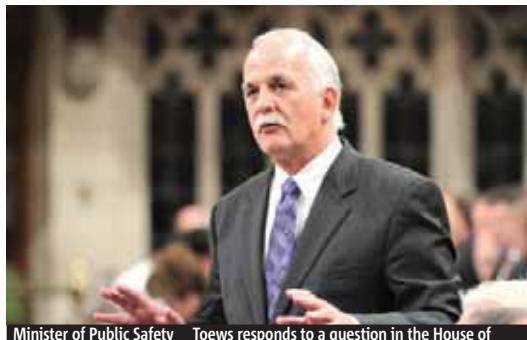
Toronto-area lawyer Andrew Feldstein says one of his clients was ostracized by many friends after a divorce. Feldstein heard through the grapevine many of the couple's acquaintances went to take a look at the court filings.

"It also gives one side a very large advantage in the negotiation of the matrimonial dispute, because when you put something in a court file, it's subject to absolute privilege," Feldstein says.

"When the media goes and reads a court file, the media can say these are allegations contained in the court file.... That means there's no ability to sue for slander or libel at the end of the day."

Fareen Jamal, another Toronto-area lawyer, says the openness of family court has roots in the years when individuals who committed a "marital offence," such as adultery, were essentially shamed through the process.

THE CANADIAN PRESS



Minister of Public Safety Toews responds to a question in the House of Commons in Ottawa on March 5. SEAN KILPATRICK/THE CANADIAN PRESS

## Counter-argument

Critics warn that protecting the identities of Canadians in family-law cases would only undermine the concept of the open legal system, where the public — and the media by extension — is entitled to know what is going on.

- Chris Waddell, director of Carleton University's School of Journalism and Communication, says the value of having the records remain public

clearly outweighs the few times a couple's divorce files are perused.

- "One thing that's important about politicians is their character. It's in the voter's interest to know the character of politicians, and this might be information that would help you determine the character of a politician," he offers as an example.

## Missing money. Head of NGO flees with Canadian aid for Mali: Documents

A Burundian man with permanent-resident status in Canada made off with thousands of dollars in Canadian aid money that was supposed to help people living in one of the poorest countries in the world, newly released documents show.

Officials at the Canadian International Development Agency do not expect to recover \$30,000 from the head of a non-governmental organization who apparently fled Mali after Canadian diplomats went to court to try to get the money back.

Documents obtained by The Canadian Press under the Access to Information Act show how money meant to improve sanitation in a small village in Mali went missing.

In May 2008, Canada's ambassador to Mali and a group called Cercle de Formation, Recherche, Economique et Sociale, or CFORES, signed a \$70,000 deal to rehabilitate latrines and build five hangars and a drainage ditch in the village of Sanankoro, about 30 kilometres south of the capital, Bamako.

The money came from the Canada Fund for Local Initia-

tives, which provides small-scale, short-term support for community projects through local NGOs and other grassroots organizations such as village councils, co-operatives and women's groups.

The group received 90 per cent of the money up front. The rest was to be paid when the work was done.

But five months after signing the deal, CFORES asked Canada's embassy in Mali for the rest of the project money, as well as another \$35,000, to help cover "unforeseen difficulties on the ground."

The request for more money raised eyebrows at the embassy.

Before handing over any more cash, Canada's ambassador to Mali dispatched an expert to the village to see what work had been done. The expert found "technical shortcomings" and half-finished projects. While the hangars were almost finished, only 60 per cent of the 100-metre ditch was done and work had not yet started on the latrines.

The expert estimated there was still about \$30,000 worth of work left to do.

THE CANADIAN PRESS

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## A year later, Japan remembers

Children light candles during a memorial service Sunday for the victims of the March 11, 2011, earthquake and tsunami, near the site of Heijo Palace in Nara, central Japan. The massive quake and tsunami killed just over 19,000 people and unleashed the world's worst nuclear crisis in a quarter-century.

KYODO NEWS/THE ASSOCIATED PRESS

### Hate crimes

## Gays, 'emo' youths in Iraq targeted by rising violence

Young people who identify themselves as so-called "emos" are being brutally killed at an alarming rate in Iraq, where militias have distributed hit lists of victims and security forces say they are unable to stop crimes against the subculture that is widely perceived in Iraq as being gay.

Officials and human-rights groups estimated as many as 58 Iraqis who are either gay or believed to be gay have been killed in the last six weeks alone — forecasting what experts fear is a return to the rampant hate crimes against homosexuals that occurred in 2009. This year, eyewitnesses and human-rights groups say some of the victims have been bludgeoned to death by militiamen smashing in their skulls with heavy cement blocks.

THE ASSOCIATED PRESS

### Arrest

## Panama police nab alleged Hells Angels fugitive

Police in Panama say they have captured a fugitive with suspected ties to the Hells Angels motorcycle gang who is wanted in Canada for 22 murders.

A police statement says Michel Smith was detained Friday in the Playa Coronado tourist region, 100 kilometres west of Panama City.

The statement released Sunday said Smith was captured after a two-month surveillance operation, adding that he is wanted in Canada on 29 charges, including 22 counts of murder.

Canadian police have been looking for Smith since a massive 2009 gang sweep in Quebec.

Panamanian police say they are co-ordinating his extradition to Canada.

The statement put Smith's age at 50, while media in Canada say it is 49. THE ASSOCIATED PRESS

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# U.S. soldier suspected of killing 16 Afghans



An Afghan youth mourns for relatives who were allegedly killed by a U.S. service member in Panjwai, Kandahar, Sunday. ALLAUDDIN KHAN/THE ASSOCIATED PRESS

## Deepening crisis.

Rogue army sergeant accused in shooting spree that threatens reconciliation after Qur'an burnings

Moving from house to house, a U.S. Army sergeant opened fire Sunday on Afghan villagers as they slept, killing 16 people — mostly women and children — in an attack that reignited fury at the U.S. presence following a wave of deadly protests over Americans burning Qur'ans.

The attack threatened the deepest breach yet in

## Unforgivable

**"This is an assassination, an intentional killing of innocent civilians and cannot be forgiven."**

Afghanistan President Hamid Karzai

U.S.-Afghan relations, raising questions both in Washington and Kabul about why American troops are still fighting in Afghanistan after 10 years of conflict and the killing of Osama bin Laden.

The slayings, one of the worst atrocities committed by U.S. forces during the Afghan war, came amid deepening public outrage spurred by last month's Qur'an burnings and

an earlier video purportedly showing U.S. Marines urinating on dead Taliban militants.

The Qur'an burnings sparked weeks of violent protests and attacks that left some 30 Afghans dead, despite an apology from President Barack Obama. Six U.S. service members were also killed by their fellow Afghan soldiers, although the tensions had just started to calm down.

According to U.S. and Afghan officials, Sunday's attack began around 3 a.m. in two villages in Panjwai district, a rural region outside Kandahar that is the cradle of the Taliban and where coalition forces have fought for control for years.

THE ASSOCIATED PRESS

## Sound of gunshots

- Villagers described cowering in fear as gunshots rang out as a soldier roamed from house to house firing on those inside. They said he entered three homes in all and set fire to some of the bodies. Eleven of the dead were from a single family, and nine of the victims were children.

- U.S. officials said the shooter, identified as an army staff sergeant, acted alone, leaving his base in southern Afghanistan and opening fire on sleeping families in two villages.

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# Oilsands rebuild

## Reclamation.

Producers thinking up new ways to clean the mess they leave behind

Alberta's oilsands producers are used to thinking big, and their plans to clean up the mess their mines leave behind are fully in line with the outsized trucks that prowl their pits and

the outsized budgets that keep them growing.

Most wetlands reclamation starts with land that's only been disturbed on the surface — for example, turning a farmer's field back into marsh. In the oilsands region, however, reclaimers are building an entire landscape from underground aquifers to the shape of the surface.

"This is not restoration," said Johnathan Price, who is

with the University of Waterloo's department of geography and environmental management and helped design Suncor's plan. "We've got nothing to begin with. It's essentially the whole watershed. This has never been done before."

Both Syncrude and Suncor are in the middle of multi-year, multimillion-dollar projects to rebuild fens — probably the most complex type of wetland.

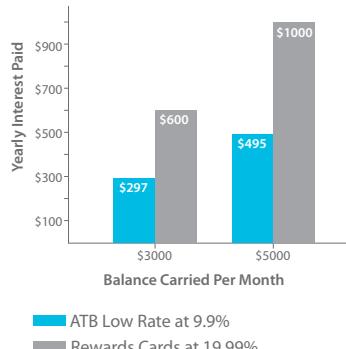
THE CANADIAN PRESS



## The prince and the Brazilian model

Prince Harry smiles after greeting Brazilian model Fernanda Motta during a Sentebale Royal Salute Polo Cup ceremony Sunday in Campinas, Brazil. The event raises funds for local charities and South African orphans. YASUYOSHI CHIBA/GETTY IMAGES

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## Ontario. Taxpayers foot investors' pricey returns

### Ornge lies

- Meanwhile, the top official whose MBA was faked on the prospectus has formally been fired.
- Rick Potter, who said Mazza told him to pretend he had an MBA from a Scottish university because it would look good to investors, has been told to leave Ornge March 31.
- Ornge originally told the public and staff that he was demoted but in actual fact he was "terminated" March 1 and asked to stay around four weeks to complete a project, spokesperson Jennifer Tracey said.

Investors in Ornge air ambulance will soon be raking in \$22 million a year with Ontario taxpayers footing the bill.

It's all part of a payment schedule set in motion in December 2009 when former president Dr. Chris Mazza and lawyer Alf Apps sold bonds on the private marketplace so that a fleet of airplanes and helicopters could be purchased.

Financial documents show that starting next year, taxpayers will pay \$22.1 million to the institutional investors across Canada that purchased \$275 million of the low-risk bonds.

This year, documents show taxpayers will pay \$15.7 million to investors but that will be interest only — the contract states that interest and principal payments will begin at the end of 2012. Investors are paid interest of 5.7 per cent annually.

Taxpayers already pay \$150 million to Ornge annually to perform air-ambulance services.

Ornge does not make detailed financial statements public (it is also not covered by freedom-of-information laws) and so the Toronto Star could not determine how much of the new annual \$22.1-million payment will come out of what taxpayers already pay Ornge, and how much will be payments on top of the \$150 million.

Investors were quickly attracted in 2009 by a prospectus that boasted Ornge was "the glue that holds the Ontario health-care system together." Though the Ontario government did not guarantee the bonds, it was made clear to investors that taxpayers would pay investors back. TORSTAR NEWS SERVICE

### Afghanistan

## GOP candidate wants U.S. to rethink Afghan mission

Republican presidential hopeful Newt Gingrich says he thinks U.S. involvement in the region of Afghanistan may be risking the lives of young troops in a mission that "may not be doable."

Gingrich says the U.S. should reassess the region and ask whether there isn't "a harder, deeper problem" that can't be solved with mil-

itary force on the scale the U.S. and its allies are willing to commit.

The former House speaker said he reached his conclusion after learning that Pakistan, a U.S. ally, harboured Osama bin Laden for seven years outside a military city, and their investigation resulted in punishing people who helped American intelligence, rather than those who made it possible for bin Laden to live undetected for so long.

Gingrich made his comments on the popular television show Fox News Sunday.

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**Natural gas:** \$2.32 US (+5¢)  
**Dow Jones:** 12,902.02 (+14.08)

## Digital drinks

## Buy someone a beer ... on Twitter

A new online app has arrived with the hope of extending happy hour to the digital world.

Since there is no technology as yet that allows one to teleport frosty mugs of liquid, Tweet-a-Beer simply deposits \$5 into the recipient's PayPal account with the suggestion to imbibe. **TORSTAR NEWS SERVICE**

## Cyber challenge

## U.K. student wins e-security contest

Cambridge University student Jonathan Millican was named U.K. Cyber Security Champion after beating off other contestants in a challenge to seek out viruses and malware, raise firewalls and fend off hack attacks, in a competition aimed at pulling new talent into Britain's burgeoning cybersecurity sector. **THE ASSOCIATED PRESS**



**U.K. student Jonathan Millican**  
RAPHAEL SATTER/THE ASSOCIATED PRESS

## Data depot

## Apple building new data centre

Construction work is underway at Apple's data centre in North Carolina, which will be powered in part by a private solar farm being built by the company.

Apple, based in Cupertino, Calif., uses the data centre to store information as part of its iCloud network. **THE ASSOCIATED PRESS**

# Swiss voters turn down longer holidays

## European austerity.

Referendum tested how comfortable the Swiss feel about their traditional safe-haven economy

Who turns down a long vacation? Known for their work ethic, Swiss citizens appear to be leading the way on European austerity, rejecting a minimum six weeks paid holiday a year.

Switzerland counted ballots Sunday for several national referendums, including one

pushed by a union to raise the minimum holiday from four weeks to the standard six enjoyed by Germany, Italy, Russia and other European nations. The nation's 26 cantons (states) also held voting on local measures dealing with everything from demonstrators to prostitutes.

The Swiss heeded warnings from government and business that more vacation would raise labour costs and put the economy at risk. Public broadcaster SSR said two-thirds of voters and all of the cantons had rejected the measure, which required majority approval of all federal and cantonal voters.

"In rejecting the initiative, citizens have kept a sense of reality," said Hans-Ulrich Bigler, director of the Swiss Union of Arts and Crafts, which represents some 300,000 businesses. He said the vote "clearly shows that the population continues to focus on individual freedom and responsibility of citizens."

**THE ASSOCIATED PRESS**

## Dollars and sense

**"In rejecting the initiative, citizens have kept a sense of reality."**

Hans-Ulrich Bigler, director of the Swiss Union of Arts and Crafts, which represents about 300,000 businesses



**More sunny vacations? Not for the Swiss, who voted to reject raising minimum paid vacation to six weeks from four.** JOHN HEILPRIN/THE ASSOCIATED PRESS

## Smokers sue. Historic tobacco lawsuit due in Quebec court

In the United States, tobacco companies have been convicted in a landmark racketeering case and forced because of other lawsuits to pay out at least \$206 billion US over a quarter-century — a sum bigger than the annual GDP of most countries.

The legal skies have been somewhat less stormy here than in the U.S. But that could change next week.

A class-action lawsuit by smokers who claim they were duped for years by big tobacco companies as they became addicted to cigarettes, then suffered from serious health problems, will have its day in court.

Canada's three largest tobacco companies are set to square off against a group of Quebec smokers in a landmark civil case that is thought to be the biggest in Canadian history, with up to \$27 billion in damages and penalties at stake.

The battleground will be a Montreal courtroom. The defendants are Imperial Tobacco Canada Ltd., Rothmans, Benson & Hedges and JTI-Macdonald.

The case will mark the first

## Class action

- One suit filed by a Quebec anti-tobacco group on behalf of Jean-Yves Blais seeks \$105,000 in compensatory and punitive damages for smokers who suffered from cancer in their lungs, larynx or throat, or emphysema.

It includes those who have developed the diseases since the motion was filed.

- Forced to have part of a lung removed because of cancer in 1997, Blais has smoked for 57 years and continues to this day. That suit was initially worth \$5.1 billion.

time tobacco companies have gone to trial in a civil suit in this country — stemming from two cases that were filed in 1998, certified and consolidated in 2005 by Quebec Superior Court, and marked by motions, delays and appeals.

**THE CANADIAN PRESS**



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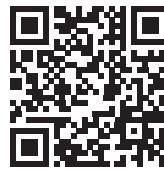
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# SCAN TARGETS SENIOR WITH PROSTITUTES



URBAN  
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Janice Paskey  
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Prostitutes, drugs and used condoms in the alley.

The details prompted Judge Neil C. Wittmann to ask the ages of two kids in his courtroom (seven and 10, said mom). "It's a matter of their well-being," he suggested. They left.

This was an urgent hearing requested by Safer Community and Neighbourhood (SCAN), a provincial group with the authority to investigate problem properties, issue warnings and apply for court orders to shut them down for 90 days.

Wittmann set the tone. What he didn't want kids to hear, Penbrooke neighbourhood children experienced for years.

While Calgary police can charge individuals, they can't take over problem properties, so Alberta Justice wisely enacted new laws in 2007. Now SCAN teams have seven agents doing surveillance in southern Alberta.

It says something that Wittmann, the chief justice of the Court of Queen's Bench of Alberta, heard the 95 Pennsburg Way Southeast case himself on Friday.

It's a bizarre one. SCAN's court docs said Ben Watkins, the 80-year-old resident of the house, had been living with prostitutes for years. Surveillance showed prostitution and drug activity at the home. Calgary police had repeated complaints and visits.

Ben Watkins was in court. A white-haired man in white runners who removed his red baseball cap.

His neighbour's complaints were in the affidavit: "The people in this house don't care and will never stop doing what they are doing."

"There's a girl going down on a guy in the alley." (People who complain to SCAN are guaranteed anonymity.)

But there was a weird twist.

Watkins wasn't the legal owner of the house.

The senior sold 95 Pennsburg to Nelson Leung (of California Boulevard) with the agreement Watkins could live there as long as he lived.

This is clearly longer than some would hope.

Watkins and Leung got a SCAN warning a year ago. Problems continued.

But their lawyers agreed not to oppose 90-day closure. Indeed, Judge Wittmann decided the Penbrooke community was adversely affected and ordered the property closed. A fence will go up March 30 until June 28, 2012.

Watkins tells me it wasn't fair he was the only one blamed, and will live with his kids.

It's satisfying to see legislation that works to protect communities — and our kids.

## Weird news

### Aging gorilla gets a new, floppy-eared friend

An elderly gorilla that lives at a U.S. zoo has a new companion: A bunny named Panda.

The Erie Zoo's gorilla, Samantha, has been without a full-time friend since the death of Rudy, a male gorilla, in 2005.

But officials at the zoo in

Pennsylvania say the 47-year-old gorilla is too old to be paired with another gorilla. So they decided last month to introduce her to the rabbit last month.

The Erie Times-News reports that Samantha and Panda get along well.

Samantha will gently scratch under the bunny's chin and share her food.

Officials at the zoo say Samantha has always had a gentle personality.

# Doghouse done up Wright



ALISSE GRATEHOUSE/THE ASSOCIATED PRESS; INSET: RICH PEDRONCELLI/THE ASSOCIATED PRESS

## Architectural one-off

### Master-crafted modest dog digs

Frank Lloyd Wright designed hundreds of landmark buildings during a prolific career that spanned more than seven decades. But in what is widely considered a first and only for the famed architect, Wright indulged a young boy's humble request for a doghouse in 1956 and sent him designs for the structure.

THE ASSOCIATED PRESS

## No charge for the plan

 "I was probably his youngest and poorest client."

Jim Berger, 68.

Berger poses with his dog, Sir Charles Barkley, holding the letter he received from famed architect Frank Lloyd Wright, whom he had asked to design a doghouse for him. Berger was 12 when he wrote to Wright in 1956 asking him to design a home for his dog, Eddie. Wright indulged the young boy's humble request for a doghouse and sent him designs for the structure.

## 12-year-old's request

Wright designed Berger's family's home, prompting the boy to write to the architect.

• "I would appreciate it if you would design me a doghouse, which would be easy to build, but would go with our house," read the letter.

• Berger explained that he would pay Wright from the money he made from his paper route.

## Triangular design

### 3x5x3

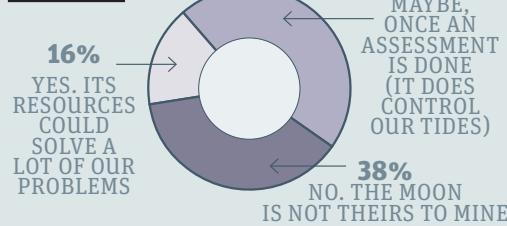
Berger rebuilt the doghouse last year with his brother, using the original plans. The roughly three-feet-wide-by-five-feet-long-by-three-feet-high doghouse has a sharp triangular shape, with a sloping shingled roof. It is made of Philippine mahogany and weighs about 113 kilograms.



Register at [metropolitanpanel.ca](http://metropolitanpanel.ca) and take the quick poll

### Should companies be seeking to mine the moon?

#### Survey says



#### Twitter

##### @Celestewood:

My ab workout was so good, not only does it hurt to laugh, it hurts to smile! #dontmakemelaugh #yyc

##### @BradenBond:

Lovin this #yyc weather. Only bad thing with it...ladybugs everywhere. #ihateladybugs

##### @stardotfgt:

Back in #yyc where there is no snow! Ahhhh much better. #yyc

##### @ChelseaBClay:

Wanna be out and about on a patio in #yyc! what a beautiful day...

##### @PrimeBane:

House across the street from me for sale... Come be my new neighbor! #yyc #pieandpunch

##### @GaryWatchmen:

Some people just need a high-five... in the face... with a chair. #yyc

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## Box office

**Lorax tops ticket sales**

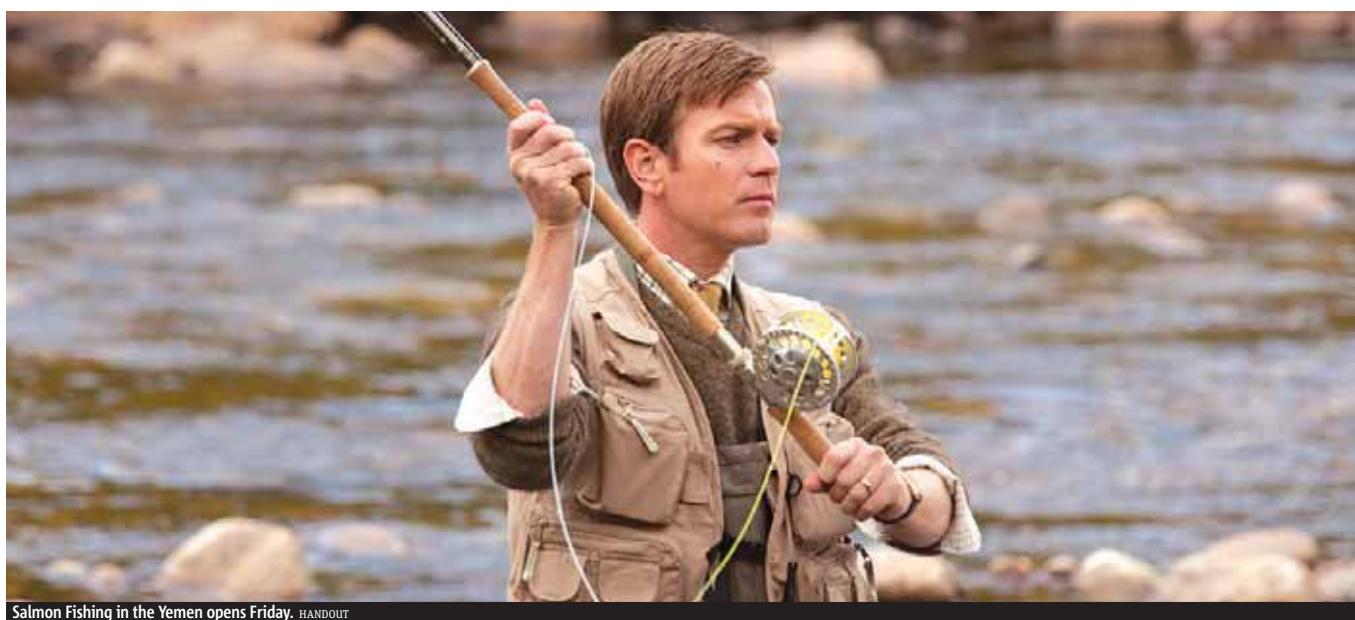
Dr. Seuss' the Lorax has easily beaten Edgar Rice Burroughs' John Carter at the weekend box office. Studio estimates Sunday put The Lorax at No. 1 for the second-straight weekend as the animated adventure based on the children's book took in \$39.1 million. John Carter, based on Tarzan creator Burroughs' tales of the interplanetary adventurer, opened in second-place with \$30.1 million.

THE ASSOCIATED PRESS

## On the Web



Squabbles, secrets and a spoiler: Desperate Housewives firing trial displays it all for jury



Salmon Fishing in the Yemen opens Friday. HANDOUT

# Ewan McGregor gets 'hooked' on fly-fishing

**Salmon Fishing**

**in the Yemen.** Film's star recalls a 'hooking' incident while trying to teach Emily Blunt how to cast a line

hard way that when Salmon Fishing in the Yemen co-star Emily Blunt tries her hand at fishing, it can be dangerous — especially to the small and furry. "I just gave it a go because [McGregor and director Lasse Hallstrom] persuaded me I should," Blunt remembers.

"I was perfectly happy sitting by the fireplace in our Scottish lodge. But Ewan insisted, saying, 'Come on!' And he has this lovely little dog, Sid, who's just our friend. I love that dog so much. He was just scam-

pering around behind me and I hooked him. First cast."

McGregor is quick to point out that the dog was uninjured. "It didn't go through his skin, it just got caught in his fur. He was all right," he says. "It was actually a very nice cast, as well. A very nice cast."

When it comes to his own fishing record, McGregor can't even count accidentally catching a canine, as his fly-fishing excursions have to date netted not a single fish.

"But whenever I've gone

**Quiet time**

"Whenever I've gone fishing it's to be quiet and contemplative and to be somewhere beautiful."

Ewan McGregor  
Star of Salmon Fishing in the Yemen

fishing it's to be quiet and contemplative and to be somewhere 'beautiful.' The actual catching of a fish is something that I'm not really interested in," he insists. "It's a lovely thing to learn to do. You're try-

ing to catch only fish that feed from the surface, and generally you do it in very beautiful places — Norway, Russia, Scotland — cold-water places. So I think it's very good for the soul."

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# Aidan Quinn saddles up in mastering accents



## Horses of McBride.

Hollywood actor works at perfecting the Alberta inflection for new TV movie based on a real horse rescue

When Canadian actors head to Hollywood, the first thing they usually have to hide is their accent. All those "oot" and "aboots" are jarring to American ears.

Yet when an American comes to Canada to play a role, they rarely are asked to sound Canadian. Don't tell that to Aidan Quinn,

eh? The Chicago native is in Alberta this month shooting Horses of McBride, a TV movie coming to CTV next Christmas. The scenic farmland near Turner Valley is doubling for the McBride, B.C., town where a community pulled together during Christmas 2008 to rescue two starving horses trapped on a snow-covered mountainside.

This isn't his first trip to Calgary. Quinn — who lives in New York — shot both Legends of the Fall, with Brad Pitt and Anthony Hopkins, and the HBO drama Bury My Heart at Wounded Knee in and around the Alberta city. "I'm kind of

### Learning to talk

"You're supposed to play the accent for the people you're playing" Aidan Quinn. Actor

shocked to hear American actors don't usually do this," he says about his efforts to sound more Canadian. "What are actors supposed to do? You're supposed to play the accent for the people you're playing."

Quinn is working with a dialect coach on the project, noting how, to his ear, Canadians tend to end sentences with a higher inflection.

THE CANADIAN PRESS

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## The Cabin in the Woods. Whedon unveils his latest work for fans at SXSW

After several years of studio purgatory, Joss Whedon's long-shelved, much-anticipated horror film The Cabin in the Woods finally arrived before audiences at the South By Southwest Film Festival. Nobody complained about the delay.

"It really holds up," deadpanned Whedon after the Friday evening premiere before a rapturous, hooting crowd at Austin's Paramount Theatre. "I would say, timeless classic."

The Cabin in the Woods, which Whedon produced and co-wrote with director Drew Goddard, had been stuck in limbo after its studio, MGM, went bankrupt in 2010. It is being released by Lionsgate, opening on April 13. The film couldn't have played better as the opener of SXSW, a festival known for its warm receptions to edgy popcorn fare.

The SXSW crowds, currently attending the film festival and its mobbed interactive section, regard Whedon as something of a geek god. The creator of the cult TV series Buffy the Vampire Slayer and Firefly is beloved for his witty genre inventions.

Hundreds of fans packed a Whedon panel Saturday. Talk-



Josh Whedon. GETTY IMAGES

ing about The Cabin in the Woods, which co-stars Richard Jenkins and Bradley Whitford, has proved challenging, since any discussion quickly leads to giving away its unpredictable plot.

Whedon granted that "awesome" was an acceptable, spoiler-free description, and few seemed to disagree Friday night.

One attendee asked if he had intended to make "the last horror film of all time."

"Yes, that's it for today," said Whedon. "Hope you like rom-coms, 'cause that's what you're getting."

THE ASSOCIATED PRESS

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## Will Britney be a judge on X Factor?

Britney Spears is reportedly close to signing a deal to be a new judge for the second season of the U.S. version of X Factor, according to the Hollywood Reporter.

And who's supposedly handling the deal for her? None other than her fiancé and former agent, Jason Trawick. Spears was rumoured to be a top contender to fill one of the judging spots left empty after Paula Abdul and Nicole Scherzinger departed the show.

"Are we flattered that there could be interest? Yes," Simon Cowell said last month, adding that he "can't confirm or deny any of those rumors at the moment."



Britney Spears. ALL PHOTOS GETTY IMAGES

## Klum opens up about divorce

Heidi Klum understands that her split from Seal came as a shock to a lot of her fans.

"To the outside world, you don't really share all the things that happen. You kind of share just the most amazing sides," she tells Elle magazine.

And that's all she apparently wants to say on the matter: "I feel like already there are so many things being said about us — about him, about me. I'm not going to comment. Otherwise it makes you angry. You can't always call and say, 'This is not true, but this part is true.'"



Heidi Klum

Of course, Klum wishes her soon-to-be ex-husband would follow her example, since a lot of the quotes about their split are from Seal.

"He's a grown man. I can't tell him what to do and what not to do," Klum says. "It's hard."

# METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

### Money

#### What is Whitney worth?



##### THE WORD

Dorothy Robinson  
scene@metronews.ca

Although Whitney Houston's daughter Bobbi is set to inherit her mother's entire "fortune," a 2007 legal document uncovered by Radar Online shows that Houston's estate might not be as much as people are assuming.

An income and expense declaration during her divorce proceedings with Bobby Brown states that at the time, Houston had \$40,000 in cash, \$225,000 in stocks, and earned in excess of \$1 million for performances, per the site.

She declared owning two homes: one house in New Jersey, which was worth \$6.5 million (with \$3,247 million owed on the estate), and a townhouse in Atlanta, which was worth \$1.244 million (a reported \$1,046,603 was owed on

that property).

"Whitney's bottom line was that she had \$10,242,931 in various assets, and had debts totaling \$4,294,014," states Radar Online.

Two things that might change the bottom line:

1. Any "income declaration" you're going to show your ex-husband who is seeking your hard-earned money is going to hide a ton of cash.
2. Houston's recording contract was not listed as it was "considered separate property due to the prenuptial agreement the former couple had."

However, it's important to remember that Houston was also one of the world's best-selling music artists — having sold over 170 million albums, singles and videos worldwide. In 2001 she signed the biggest record deal in music history with Arista/BMG for \$100 million to deliver six new albums, on which she would also earn royalties. Yes, that contract is "separate" from that 2007 document but still, you would think there would be more cash than just \$6 million.

Lindsay Lohan is no longer shacking up at the Chateau Marmont, according to Radar Online.

"Lindsay left the hotel about two-and-a-half weeks ago. It was only temporary, but her new digs could be permanent," a source says.



And where exactly are those new digs? "For the first time in 10 years, the paparazzi don't know where she is living and she is enjoying not being hounded," the source adds. "Great precautions are being made whenever Lindsay comes and goes from her new residence so that she isn't spotted. Of course, that can't last forever, but it's a nice break for her to just relax a bit at home like a normal person."

### Twitter



@alecbaldwin

Sugar will shorten your life.



@TheRealRoseanne

my 4 yr old grandson Ari asked why he should vote 4 me? i said, "because it means more cookies 4 U!"  
Barr2012



@MelanieGriffith

Had the always great pleasure of spending time with Ms. Sharon Stone today! On her birthday!!



@ConanOBrien

I've been practicing for this year's St. Patrick's Day. Every morning, I have my personal trainer punch me in the face. who brought babies to this bar?



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While studies differ on whether stay-at-home moms or working moms are happier, there are many other factors to a woman's happiness. iSTOCK

# Stay-at-home mom versus working mom

**Who's happier?** It all depends on who you ask. Our Mommyish writer looks into the schism and wonders what it says about us



If you go by the latest British government study, stay-at-home moms are as content and satisfied with their lives as those who choose to work.

And yet another recent U.S. study, this one by care.com, found that eight out of 10 mothers enjoy being a working parent. In fact, a whopping 64 per cent said that work does not interfere with their ability to be a good parent. (I find this shocking, by the way.)

While the results of both studies are actually quite uplifting, I always take studies like these with a grain of salt.

Why? Because, like any controversial parenting topic out there, you can find whatever it is you're looking for on Google.

For example, I typed "co-sleeping is safe" into

Google and got 23,800,000 results. I then typed "co-sleeping is dangerous" and up came 2,650,000 results ("co-sleeping kills" gets 1,570,000).

My point is that you'll find tens of thousands of official "studies" and "expert opinions" on any given topic — and you'll choose to believe whatever it is you were looking for in the first place.

The same applies to the whole working mom vs. stay-at-home mom debate.

It's astounding to me how many studies have been conducted on the subject. And yet a woman's happiness level is based on so many factors that have nothing to do with research and statistics.

I have friends who stay at home who are very fulfilled. Actually, they're more than fulfilled! Most of them are busy, sure, but they still have time for daily workouts and social interaction (especially those with school-aged children).

I have an equal number of friends who have gone totally batty not working. In fact, they've chosen to go back to work for their own sanity even if they didn't need the money. (And, yes, they feel guilty about their decision.)

Of course, it would be nice if we all had that choice — most women simply have to work

for financial reasons — but that's a whole other topic. (Let it be known that I also have friends who work and end up giving 100 per cent of their salary to their nanny.)

The same schism can be seen among the working moms I know (myself included).

We are forever feeling guilty about leaving our kids each day — despite what that care.com study claims — and yet we have even more guilt about not giving 100 per cent to our jobs because we're too busy focusing on our families.

Then there are the work-from-home moms, who have either the best or worst of both worlds — depending on how you look at it.

No matter what the "experts" tell us, only we know what works for our own family. And most moms I know need to be reminded of that every so often (OK, who are kidding? More like every day). Consider this your daily reminder.

Besides, if happiness could really be defined as stay-at-home mom versus working mother, we'd all have the golden answer. If only things were that simple...

SHAWNA COHEN ([MOMMYISH.COM](http://MOMMYISH.COM))



## Involve the kids

### Kitchen helpers

Even young children can participate in meal preparation. Here's how:

- Let them tear foods like lettuce and pull grapes from vines.
- Have them set the oven timer and tell you when it's done.
- Allow them to push buttons on blenders, toasters and microwaves (with supervision).
- Get them to measure and then mix ingredients.

NEWS CANADA/  
[BREAKFASTFORLEARNING.CA](http://BREAKFASTFORLEARNING.CA)



## On the Web



Columnist's earnest review of Olive Garden becomes sensation.

# Wild Rice Casserole: An elegant side dish for winter



This recipe serves six. THE CANADIAN PRESS/HO

This side dish idea is full of delicious dried fruits along with an apple to give you a sweet and tart tasting casserole.

Enjoy it alongside any family favourite roast.

**1** In a small saucepan set over medium-high heat, melt butter; sauté onion and celery for 4 to 5 minutes or until soft. Stir in rosemary and thyme; remove from heat.

**2** In a large bowl, combine cooked rice with onion mixture and stir in dates, apple, ham, apricots, salt and pepper.

## Ingredients

- 45 ml (3 tbsp) butter
- 1 onion, chopped
- 2 stalks celery, chopped
- 5 ml (1 tsp) dried rosemary
- 15 ml (1 tbsp) dried thyme
- 1 L (4 cups) cooked wild and long grain rice mixture
- 250 ml (1 cup) Medjool dates, pitted and chopped
- 1 cooking apple, peeled, cored and chopped
- 150 ml (2/3 cup) diced cooked ham
- 125 ml (1/2 cup) diced dried apricots
- 3 ml (3/4 tsp) salt
- 2 ml (1/2 tsp) fresh pepper

**3** Spoon into a buttered 2-l (8-cup) baking dish. Cover and bake in 180 C (350 F) oven for 30 minutes or until hot.

**BARD VALLEY MEDJOOOL DATE GROWERS ASSOCIATION/ THE CANADIAN PRESS/ THIS RECIPE WAS ADAPTED FOR METRO BY EMILY RICHARDS (PROFESSIONAL HOME ECONOMIST, COOKBOOK AUTHOR AND TV CELEBRITY CHEF. FOR MORE VISIT, [EMI-LYRICHARDSCOOK.CA](http://EMI-LYRICHARDSCOOK.CA))**

## Healthy eating

### Choose it and lose it



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Chips are not the healthiest choice for a snack to begin with. When you factor in that many popular options are deep fried and salty, the calories and sodium values shoot through the roof.

### Cheetos (54 chips, 100 g)

600 cal, 40 g fat, 1,040 mg sodium

These cornmeal fried snacks have half your daily calories and sodium in one serving. A long list of ingredients including artificial flavours and colour is a red flag.



### Equivalent

Eating 54 Cheetos is equivalent in fat to eating 10 mini messy chicken sandwiches from the kids' menu at Swiss Chalet.

### Baked Lay's Chips (52 chips, 100 g)

400 calories, 6 g fat, 460 mg sodium

This is a much healthier snack in terms of fat and sodium with no preservatives. Just watch your portions.



# Top Chef Canada returns with more emotion, bigger and better challenges

**TV show.** Season 1 became the highest rated show in Food Network Canada's history. Season 2 boasts a new host

Top Chef Canada season 2 boasts "bigger, more intense challenges" than those in season 1, but don't expect head judge and superstar cook Mark McEwan to be harder on this batch of contestants.

In fact, of the season 1 hopefuls, McEwan says: "I actually felt we pushed them too hard."

"I had moments where I thought maybe we were unfair, in terms of a balanced playing field," the renowned Toronto chef said in an interview to discuss Monday's season 2 debut on Food Network Canada.

"As it turned out, that wasn't the case because it all found a nice level. But I don't think you could be harder on them. I really don't," added McEwan, who runs the upscale restaurants North 44, Bymark, ONE and Fabbrica.



Host Lisa Ray, head judge Mark McEwan and resident judge Shereen Arazm. THE CANADIAN PRESS/TOP CHEF CANADA H/O/ INSIGHT PRODUCTIONS - ANDREW MACNAUGHTAN

"We had people crying, screaming, yelling. It was more emotion. It was more dramatic."

"I think the personalities and the group dynamic between the chefs was sparky," said season 2 host Lisa Ray, star of films including Bollywood Hollywood, Cooking with Stella and Oscar-nominated Water.

"There were a lot of sparks going on, in a great way, because I think one of the best things about Top Chef is it's very respectful towards the culinary arts. It's about celebrating it and celebrating Canadian excellence, but at the same time you get behind the scenes."

Ray replaces last season's host, Thea Andrews, who couldn't return because she was pregnant at the time of taping last August, said a publicist for the show.

McEwan said Ray "came in seamlessly and felt so natural and comfortable" — and wasn't shy at the dinner table. "You eat like a trucker. She

never stops eating," he said with a laugh as he sat next to the svelte Ray after a recent media event, in which six of the contestants took part in a mock "quickfire competition."

Ray said although she didn't know the terminology of a food critic when she first signed on to the show, she

## Top Chef by the numbers

Here are some interesting facts about this season.

- **300.** The number of chefs who applied for a spot on this season of the series.
- **\$100,000.** The grand prize amount. There is also a GE Monogram kitchen worth \$30,000 included in the prize.
- **Three.** The number of female contestants.

did have a varied palate developed through her global travels and her upbringing in Toronto.

"Going back to Etobicoke, growing up as half-Polish, half-Indian, we had some very interesting culinary feasts," said the former model.

L.A. restaurateur Shereen Arazm returns as resident judge alongside several celebrity guest judges, including home renovation expert Mike Holmes and Toronto Maple Leafs forward Colby Armstrong.

THE CANADIAN PRESS

# Greener playgrounds makes for generation of healthier children

**A connection to nature can improve life quality.** Play spaces with a green setup are popping up all over Canada

BEN KNIGHT  
For Metro

Imagine an all-natural playground. Instead of traditional steel and plastic, there's a hill, a pond and a big rock to climb on instead of a jungle

gym. No need to imagine. They're being built all over Canada.

"What we try to do is come up with cool, fun, wacky, interesting configurations of all of these natural elements, that kids think is an exciting thing to do," says Adam Bienenstock, founder and CEO of Bienenstock Natural Playgrounds.

"Honestly, on an evolutionary scale, we are hard-wired for being connected to nature. It's in our DNA. We identify ourselves as Canadians by the land, and the iconic features around it.

## Green zones

Where you can find green zones in your community and what they entail

- Live green, play green. The

Kids don't have a problem getting this stuff — at all."

Bienenstock cites studies that show real benefits for getting children in touch with nature, even if it's just a local playground instead of a forest or National Park.

"If you have a green park,

playground at Fairlea Park, near Walkley and Heron, was transformed into a Bienenstock natural playspace in 2010.

spend watching TV or playing video games. "The average for kids — from eight to 18 — in terms of screen time is 52.5 hours a week. We're talking about sedentary lifestyles, childhood obesity, all of that stuff, and that's the stuff that I work on directly."

The company has forged partnerships with Right to Play, Participation, Parks Canada and Canadian Wildlife Federation, who all have a primary focus on getting Canadian children more active.

"There's no problem with a slide," Bienenstock believes, "but let's put it in the side of

a hill. There's no problem having a play structure, but let's have it be a giant boulder. Let's make it challenging for the kids — and connect them to nature."

The benefits, he argues, will be significant — and lasting.

"It doesn't matter whether you have a gun rack on the back of your Hummer, or if you're driving a Prius or you're cycling, this is the right thing you can agree is the right thing to do."

For more information on green playgrounds, visit [greenplaygrounds.ca](http://greenplaygrounds.ca).



There is no need to hide. Green playgrounds are popping up all over Canada / ISTOCK PHOTOS

## Queen of Green

### Green in the business life



QUEEN OF GREEN  
Lindsay Coulter  
[green.metronews.ca](http://green.metronews.ca)

I'm on a conference planning committee. What are some tips to host a "green" conference? Stephanie of Winnipeg, MB

A green conference (or event) incorporates environmental initiatives to minimize its negative impact on the planet. And it addresses everything you'd expect — energy and water consumption, transportation, food and drink, brochures, waste, and more.

Before you dive into planning a low-carbon, carbon-neutral and/or zero-waste conference, you'll need buy-in. Get an organizing committee together with

members who are dedicated to making your event as sustainable as possible.

How will you advertise? Paper posters and direct mail are so yesterday. Choose paperless promotional activities like e-newsletters, a button on your website, Facebook and Twitter. Check out e-services like Eventbrite — they take care of invites and tickets (with instant RSVP option).

As for conference materials like session descriptions,

presenter bios and handouts, post all conference materials online (and make it phone friendly). Let attendees know in advance that it's a paperless conference.

Does your city boast a green building or two? Your venue doesn't have to be LEED-certified. It could also be a green hotel — the Green Key Eco-Rating Program rates hotels and resorts on environmental performance (see [greenkeyglobal.com](http://greenkeyglobal.com)). And choose a

central location with access to public transit.

You can also reduce food and beverage waste. Choose a catering service that offers locally grown, seasonal, vegetarian and/or sustainable seafood options. Ensure that the venue or caterer offers reusable plates, flatware and cloth napkins. Avoid single-serve options, like bottled water and single creamers and sugar packets. Coordinate with caterers or the venue to ensure all

leftover food is donated to a local food bank or charity. And ask about composting and recycling bins.

To tackle carbon emissions, consider purchasing gold standard carbon offsets or have your event Bullfrog Powered. Bullfrog Power is Canada's leading 100 per cent green electricity provider. They'll ensure that as much clean, emissions-free electricity is injected into the regional grids as the event uses.

# 'I couldn't really ask for anything else'

## Raise your glass.

Entrepreneur Manjit Minhas has brewed a \$120 million business

Manjit Minhas' lemonade stand in Calgary had a revolving sign.

The 10-year-old entrepreneur, along with her brother Ravinder, would charge the kids in their neighbourhood 25 cents a cup. When an adult would approach, their sign switched to 50 cents.

"My mom wasn't impressed," Manjit laughs, "but we thought we were really smart."



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By the time they got to University, Manjit and her brother had created an in-house brand of spirits for their parent's liquor store chain, and then got into the beer business by creating Mountain Crest Lager.

Their "Buck a Beer" marketing campaign caught fire and the profits started to roll in.

In 2006 they bought one of the oldest breweries in the U.S., and became the youngest brewery owners in the World.

Five years later, their companies posted revenues in excess of \$120 million.

"I'm 31 years old, I couldn't really ask for anything else. I have a healthy



Manjit Minhas, CEO of Minhas Creek Craft Brewing Co. PROVIDED

family, friends and business. We've been at this a decade and there have been failures along the way but they are good learning points," says Manjit.

Now, that's turning the lemons of business into brewery gold.

## That's the spirit!

### Advice from an entrepreneur

- **Believe in your product.** Have passion for what you do.
- **Set your goals.** They will provide a vision for yourself and the company.
- **Keep a tight pocket in the beginning.** Expenses can go out of control and make or break you. It's important to keep a close eye on overhead.
- **There is no substitute for hard work.** Success is not built overnight, it takes lots of hard work and perseverance.
- **Your product or service should be flexible.** It's remarkable how a little bit of tweaking in product or service can make a difference in the tough times.

## Reaping the rewards

### Majit Minhas' wall of fame

- Top 100 Women Entrepreneurs in Canada
- Top Growth Entrepreneur award, Profit magazine
- Canada's Women Executive Network Top 100 Women Entrepreneurs
- Chatelaine Magazine's Top Entrepreneur Woman of the Year 2011



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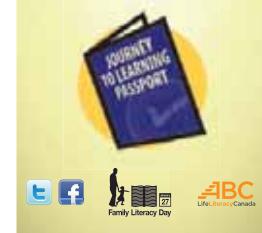


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# Freeing those feet for a healthy life

## Dance revolution.

A Canadian dance company is encouraging kids to step to their own beat

With each new tune pumping through the speakers, the energetic students seamlessly transform from mimicking the limber movements of a monkey to simulating the rapid-fire hand motions of a seasoned drummer.

It's likely not what most would expect from a typical dance class — but it's just how Michelle Hillier likes it.

Hillier is the founder of Fit2Dance, a Canadian dance education company with a program aimed at getting children moving. Rather than having kids follow choreographed steps, the GROOVE method KIDS program encourages youngsters to put their own footprint on dance-inspired movements.

"Dance education is about kids moving their bodies, expressing their personal feelings and ideas and just having fun through movement," said Hillier, who formerly taught dance and drama to high school students.

"That's what drove me to create the program: to let kids just dance without all those rules and restrictions that we put on dance. But that's why teachers aren't teaching dance — because they feel that that's what they have to do."

Research was conducted to determine the skills kids need to be developing from



Fit2Dance has a unique approach to getting kids moving, with a program eschewing formal choreography in favour of letting kids move without restriction. NATHAN DENETTE/THE CANADIAN PRESS

a fundamental movement standpoint, such as skipping, galloping, running, balancing and rolling, Hillier noted.

On a recent snowy morning at a Toronto elementary school, instructor Amy Tepperman led youngsters in movements inspired by such dance genres as hip-hop, bhangra, African and tango. Students bounded about the gym while following her instructions to jump, stomp, lunge, hop, balance on one leg, clasp

their hands, flick their wrists and strike a pose — all while stepping to their own beat.

"How weird can you make your shapes?" she belledowed, as the students contorted their bodies.

Fit2Dance takes the program to more than 250 schools in Ontario, and plans are underway to expand within Canada, the U.S. and Australia.

Revised guidelines released last year by the Canadian Society for Exercise

## Get moving!

"Dance education is about kids moving their bodies, expressing their personal feelings and ideas and just having fun with movement."

Michelle Hillier, Founder of Fit2Dance.

Physiology recommend children and youth aged five to 17 get at least 60 minutes of moder-

ate-to vigorous-intensity physical activity daily.

However, data from the Canadian Health Measures Survey found that only nine per cent of boys and four per cent of girls were meeting those targets, according to the 2011 Active Healthy Kids Canada Report Card.

THE CANADIAN PRESS

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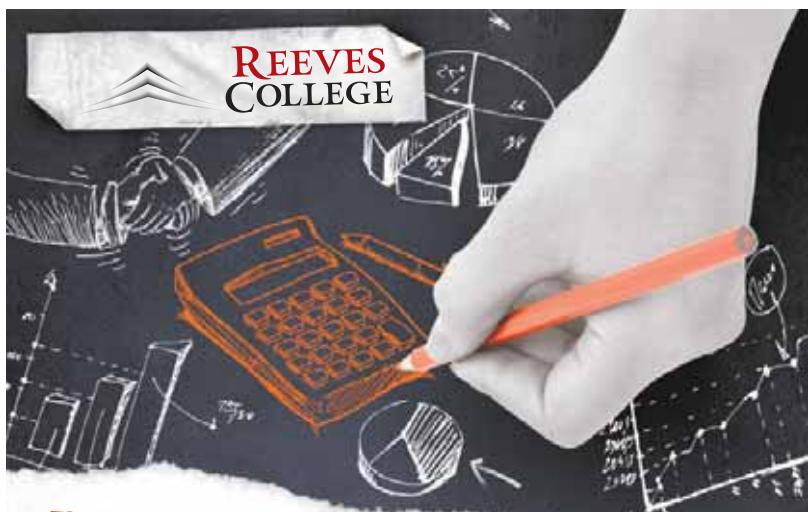
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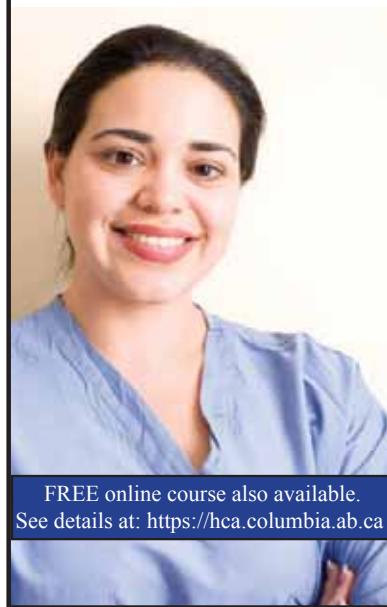
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# Three keys to a happy workplace environment



A simple word of appreciation can work wonders on a weary workplace.

ISTOCK

## Jolly on the job.

Yes, you read correctly. It might just be possible for you to wake up wanting to go to work

**TIFFANY KANG**  
Metro World News in New York

Not much annoys employees more than a broken coffee machine — unless you're counting the job itself.

According to a recent survey by Right Management's talent and career

services, the majority of American employees describe their present work situation as both unrewarding and draining.

Talent management expert Ron Sims attributes the workplace blues primarily to feelings of confinement.

With drastic reductions in staff becoming common over the last several years, "companies are doing a lot more with a lot less people, so workers can't afford to leave," he says.

Though most employees would take their unhappy selves elsewhere if they could, "there's a fear that there are no options available," says Sims.

Despite the slump, com-

panies can still incorporate optimism into the picture. Sims lists three components to a happy work environment.

## Appreciative

"People feel valued. What we have found critical is the importance of recognition and acknowledgement, even in gestures as simple as coming around and thanking people for their time and work."

## Honest

"Management is open and transparent. The company encourages everyone to discuss concerns."

## Look on the bright side

It's not as tough as it seems.

- **Advice.** "Folks who handle this the best are those that understand the context. Instead of complaining, there may be something you can do in the job to make yourself more satisfied and, frankly, more happy."

## Proactive

"Though the situation is tight, there are still career management opportunities to learn and develop within the company."

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# Flames bounce into eighth

**NHL.** Goal and accidental assist by Iginla help surging Calgary hang on in Minnesota

After a clearing attempt by Minnesota hit a stray stick, Calgary captain Jarome Iginla jumped on the loose puck and wound up for a slap shot.

Iginla tripped, and his stick hit the ice instead of the puck as he fell forward above the slot. But it was lined up just right to make enough contact and send an accidental pass over to Curtis Glencross for the go-ahead goal. That's the kind of sequence that happens when a team is playing well.

Iginla scored and had that important-yet-unorthodox assist, and the Flames hung on to beat the Wild 4-3 on Sunday for their third straight victory.

"I laughed at him when he came into the pile. I said, 'Nice pass.' He's like, 'Well, yeah. Didn't really plan it like that, but it worked out,'" said Glencross, who has a goal in seven straight games, the longest such streak in the NHL this season.

The Flames, who moved into a tie for eighth place with the Colorado Avalanche in the Western Conference with 76 points, are 4-1-1 in six games this month. Iginla has six goals and five assists in that span. The last one came after Erik Christensen woke the Wild up with two goals in a 2:20 span in the third period to tie it. Even if it was a botched shot to begin with, it became a perfect pass.

"Yeah, it was nice, wasn't it? I was about to shoot, and at the last second I saw him and I fanned on it," Iginla said, breaking into a chuckle.

The Wild weren't laughing. They're 1-5-1 in their last seven games, with only two wins in regulation in their last 18 contests.

"Things just fell apart quickly, and we've got to figure

## Sunday's game

4

3

Flames

Wild

## Not wild about Iginla

17

In 33 games at Minnesota's Xcel Energy Center, Jarome Iginla has scored 17 times. With 35 all-time goals against the Wild, he's by far the leading opponent scorer over the franchise's 11 seasons.

ure out a way to stop that," said goalie Matt Hackett.

Sven Baertschi scored his first career goal to put the Flames up 2-0 just 1:43 into the final frame. Olli Jokinen gave the Flames another goal with 5:18 remaining, insurance for Devin Setoguchi's flip-in of a loose puck he kept out of Miikka Kiprusoff's reach with 1:04 left.

The Flames missed the post-season each of the last two years and haven't won a playoff series since their run to the Stanley Cup finals in 2004.

"It's huge for us. We've been battling, and we've been kind of nipping at the heels here for a while. We're playing well right at the right time," Glencross said.

The shots were 17-6 at one point in the second period in favour of the Flames, but the depleted Wild outshot them 21-8 the rest of the way. Christensen's first goal bounced off Anton Babchuk's stick.

The next one prompted Flames coach Brent Sutter to call timeout.

"I got blood pressure pills. Believe me. We had some shifts there where we had guys standing around and let them get some momentum on us. But you know what? We found a way to be resilient there too," Sutter said.

"Things just fell apart quickly, and we've got to figure

THE ASSOCIATED PRESS



Flames captain Jarome Iginla celebrates his goal with Alex Tanguay and Derek Smith Sunday night in St. Paul, Minn.

GENEVIEVE ROSS

## Brier. 'Monkey off our back': Howard defeats Koe in final

Glenn Howard didn't let the Brier Tankard slip through his fingers this time.

Often a finalist at the Canadian men's curling championship, Howard was building a reputation for losing championship games. He put that behind him as he led Ontario to a 7-6 win over Alberta's Kevin Koe in the final of the Tim Hortons Brier on Sunday.

Howard, third Wayne Middaugh, second Brent Laing and Craig Savill will represent Canada at the world men's championship March 31 to April 8 in Basel, Switzerland.

It was the sixth Brier final in

seven years for Howard and his front end of Laing and Savill, but just their second victory. They won the Canadian title in 2007.

"Little bit of a monkey off our back, I think," Howard said. "I'm proud of the guys. They didn't miss anything. They brought it tonight."

Howard, 49, also won two Briers playing third for brother Russ in 1987 and 1993. They reached the Canadian final five times.

Middaugh, who skipped Ontario to Canadian and world titles in 1998, joined the Coldwater Curling Club team at

third prior to this season after Richard Hart retired. Middaugh was given the Hec Gervais award that goes to the most valuable player in the playoffs.

Howard, Alberta's Kevin Martin and Manitoba's Jeff Stoughton are Canada's heavyweights in men's curling. The odds are one of those three will represent Canada at the 2014 Winter Olympics.

But four losses in five Brier finals from 2006 to 2011, plus falling to Martin in the final of the 2009 Olympic trials, raised questions about Howard's ability to finish the job.

He proved he could finish in



Glenn Howard stretches before his match with Kevin Koe on Sunday.

JONATHAN HAYWARD/THE CANADIAN PRESS

Saskatoon. Ontario played five extra-end games in the round robin and Savill was ill with a stomach ailment, yet they topped the preliminary round at 10-1. Howard then dominated Manitoba's Rob Fowler 9-3 in the playoff game between the top two seeds.

Fowler won the bronze medal with an 8-7 win in an extra end over Jamie Koe of Yukon and Northwest Territories.

Ontario completely controlled the first seven ends of the final, making no errors and pouncing on Alberta mistakes to lead 4-2 after five ends and 6-2 after six. THE CANADIAN PRESS

## SPORTS



In brief

## Nesbitt clinches Grand World Cup

Canada's Christine Nesbitt won the 1,000 metres at the speed skating final Sunday to take her second overall title in two days and clinch the women's Grand World Cup. Nesbitt, from London, Ont., who won the 1,500 World Cup title on Saturday, claimed the last 1,000 race of the season in one minute 15.04 seconds, with Heather Richardson of the United States second, 0.73 seconds behind.

THE CANADIAN PRESS

**NATIONAL HOCKEY LEAGUE****EASTERN CONFERENCE**

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
d-NY Rangers	68	43	18	2	5	188	148	93	23-7-0-2	20-11-2-3	5-3-1-1	W1
d-Boston	68	40	25	1	2	222	164	83	20-13-1-1	20-12-0-1	4-5-0-1	L2
d-Florida	68	32	23	5	8	166	191	77	17-9-1-7	15-14-1-1	5-3-0-2	W1
Pittsburgh	68	42	21	2	3	191	173	89	24-8-2-0	18-13-0-3	9-1-0-0	W9
Philadelphia	68	39	22	2	5	220	197	85	17-10-1-4	22-12-1-1	7-3-0-0	L1
New Jersey	69	40	24	2	3	195	179	81	19-12-0-3	21-12-2-0	5-4-1-0	W4
Ottawa	70	36	25	6	3	216	206	81	18-13-2-2	18-12-4-1	6-3-0-1	L1
Washington	69	35	28	3	3	184	193	76	23-10-2-1	12-18-2-1	6-3-1-0	W3
Winnipeg	69	32	29	4	4	195	172	72	21-10-1-3	11-19-3-1	5-3-1-1	L2
Buffalo	69	32	29	4	4	171	191	72	17-11-3-4	15-18-1-0	7-2-1-0	W1
Tampa Bay	68	31	30	4	3	191	233	69	20-11-1-1	11-19-3-2	5-4-1-0	L3
Toronto	69	30	31	4	4	200	212	68	16-13-3-3	14-18-1-1	1-7-1-1	L4
Carolina	69	26	28	9	6	181	207	67	17-13-1-5	9-15-8-1	4-2-2-2	L1
NY Islanders	69	28	31	7	3	159	201	66	15-15-3-0	13-16-3-2	3-5-2-0	L3
Montreal	69	27	32	2	8	183	193	64	12-15-2-6	15-17-0-2	3-7-0-0	W2

**WESTERN CONFERENCE**

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
d-St. Louis	70	45	18	1	6	183	135	97	28-8-1-3	17-14-0-3	9-1-0-0	W5
d-Vancouver	69	42	19	1	7	215	172	92	20-9-0-4	22-10-1-2	4-4-1-1	L1
d-Dallas	69	38	26	1	4	185	183	81	20-12-3	18-14-1-1	9-0-1-0	W5
Detroit	69	44	22	1	2	217	162	91	28-4-11	16-18-0-1	4-5-0-1	L1
Nashville	68	40	21	3	4	195	175	87	23-8-2-3	17-13-1-1	7-2-0-1	W2
Chicago	70	37	25	4	4	209	200	82	23-7-4-4	14-18-3-0	5-4-0-1	L1
Phoenix	69	34	25	3	7	178	173	78	18-12-2-3	16-13-1-4	5-4-0-1	W1
Calgary	69	32	25	5	7	173	191	76	18-9-14-2	14-15-4-3	4-2-1-3	W3
Los Angeles	69	32	25	5	7	154	152	75	17-13-0-4	15-12-5-3	5-4-0-1	W1
Colorado	70	36	30	3	1	183	187	76	20-5-0-1	16-15-3-0	7-3-0-0	W1
San Jose	67	33	25	4	5	184	173	75	19-11-1-1	14-14-2-4	2-6-0-2	L5
Anaheim	69	29	30	4	6	171	193	68	18-14-2-0	11-16-2-6	4-6-0-0	L2
Minnesota	69	29	30	2	8	150	193	66	15-13-3-2	14-17-1-5	3-6-0-1	L1
Edmonton	68	26	35	3	4	180	200	59	16-14-2-2	10-21-1-2	4-5-1-0	W1
Columbus	69	22	40	2	5	161	223	51	13-20-1-2	9-20-1-3	5-5-0-0	L2

d = division leaders ranked 1-2-3 regardless of points; a team winning in overtime or shootout is credited with two points and a victory in the W column; the team losing in overtime or shootout receives one point which is registered in the OTL (overtime loss) or SL (shootout loss) column.

**Yesterday's results**

Calgary 4 Minnesota 3  
Washington 2 Toronto 0  
Pittsburgh 5 Boston 2  
Florida 2 Carolina 0  
Los Angeles 3 Chicago 2 (SO)  
St. Louis 2 Columbus 1  
New Jersey 4 Philadelphia 1  
NY Rangers 4 N.Y. Islanders 3 (OT)  
**Saturday's results**  
Montreal 4 Vancouver 1  
Buffalo 4 Ottawa 3 (SO)  
Colorado 3 Edmonton 2 (SO)  
Philadelphia 1 Toronto 0 (SO)  
Carolina 4 Tampa Bay 2  
Dallas 2 Anaheim 0  
Nashville 3 Detroit 2  
New Jersey 2 N.Y. Islanders 1  
Phoenix 3 San Jose 0  
St. Louis 4 Columbus 1  
Washington 4 Boston 3  
**Tonight's games**  
Montreal at Buffalo, 7 p.m.  
Anaheim at Colorado, 9 p.m.  
San Jose at Edmonton, 9:30 p.m.  
Nashville at Phoenix, 10 p.m.  
**Tomorrow's games**  
Washington at N.Y. Islanders, 7 p.m.  
Carolina at N.Y. Rangers, 7 p.m.  
New Jersey at Philadelphia, 7 p.m.  
Boston at Tampa Bay, 7:30 p.m.  
Toronto at Florida, 7:30 p.m.  
Dallas at Minnesota, 8 p.m.  
St. Louis at Chicago, 8:30 p.m.  
San Jose at Calgary, 9 p.m.  
Detroit at Los Angeles, 10:30 p.m.  
**Wednesday's games**  
Colorado at Buffalo, 7:30 p.m.  
Ottawa at Montreal, 7:30 p.m.  
Dallas at Winnipeg, 8:30 p.m.  
Columbus at Edmonton, 10 p.m.  
Phoenix at Vancouver, 10 p.m.  
Detroit at Anaheim, 10 p.m.

**CAPITALS 2, MAPLE LEAFS 0**

**First Period**  
1. Washington, Laich 14, 10:07 (sh)

**Penalties** — Toronto bench (too many men; served by Kessel) 2:32, Semin Wash (tripping) 8:27.

**Second Period**

No Scoring.  
**Penalties** — None.

**Third Period**

2. Washington, Perreault 12 (Semin, Wideman) 0:42.  
**Penalties** — None.

**Shots on goal by**

Toronto 7 9 7 23  
Washington 8 8 7 23

**Goal** — Toronto: Gustavsson (L,17-16-3); Washington: Neuvirth (W,10-11-4).

**Power plays (goals-chances)** — Toronto: 0-1; Washington: 0-1.

**Referees** — Dennis LaRue, Tim Peel. **Linesmen** — Steve Miller, Scott Cherry. **Attendance** — 18,506 (18,398).

**FLAMES 4, WILD 3**

**First Period**

1. Calgary, Igina 29 (Tanguay, Stajan) 9:31.  
**Penalties** — Destiens Cal, Kassian Min (fighting) 10:38, Calgary bench (too many men; served by Baertschi) 18:27.

**Second Period**

No Scoring.  
**Penalties** — None.

**Third Period**

2. Calgary, Baertschi 1 (Smith, Kostopoulos) 1:43.  
3. Minnesota, Christensen 2, 2:10

4. Minnesota, Christensen 3 (Spurgeon, Veilleux) 4:30.

5. Calgary, Calgary 25 (Igina) 10:17  
6. Calgary, Jokinen 21 (Moss, Glencross) 14:42  
7. Minnesota, Setoguchi 18 (Brodziak, Gilbert) 18:56

**Penalties** — None.

**Shots on goal by**

Buffalo 12 13 12 4-41  
Ottawa 7 21 7 1-36

**Goal** — Buffalo: Miller (W,24-18-5); Ottawa: Bishop (L,2-0-1). **Power plays (goals-chances)** — Buffalo: 0-3; Ottawa: 0-1.

**Referees** — Chris Rooney, Kelly Sutherland.

**Linesmen** — Derek Nansen, Mark Shewchuk. **Attendance** — 19,951 (19,153).

**FLYERS 1, MAPLE LEAFS 0 (SO)**

**First Period**

No Scoring.  
**Penalties** — None.

**Second Period**

No Scoring.

**Penalties** — Simmonds Pha (roughing, fighting), Crabb Tor (fighting), Phaneuf Tor (slashing),

Calgary 13 5 7 25  
**Goal** — Calgary: Kiprusoff (W,31-19-8); Minnesota: Hackett (L,3-3-0).  
**Power plays (goals-chances)** — Calgary: 0-0; Minnesota: 0-1.  
**Referees** — Stephen Walkom, Francois St. Laurent. **Linesmen** — Scott Driscoll, Lonnie Cameron. **Attendance** — 17,119 (18,064).

**SATURDAY****CANADIENS 4, CANUCKS 1**

**First Period**  
No Scoring.  
**Penalties** — Palushaj Mt (tripping) 8:54, Bieksa Vcr (tripping) 18:12, Subban Mt (roughing) 0:00.

**Second Period**  
1. Vancouver, Kesler 21 (Booth, Higgins) 11:58  
2. Montreal, Kremenev 1 (Leblanc, Weber) 18:43

**Penalties** — Steubelt Mt, Kassian Vcr (fighting) 4:55, White Mt (high-sticking), Raymond Vcr (high-sticking) 14:47.

**Third Period**  
1. Montreal, Cole 24 (Pacioretty, Gorges) 0:13  
2. Colorado, McLeod 6 (Wilson, Porter) 4:44

**Penalties** — McGinn Col (high-sticking) 0:59, Sutton Edm (slashing) 10:38.

**Shots on goal by**  
Montreal 5 12 18 35  
Vancouver 15 7 11 33

**Goal** — Montreal: Price (W,24-26-9); Vancouver: Luongo (L,27-13-7).

**Power plays (goals-chances)** — Montreal: 1-3; Vancouver: 0-2.

**Referees** — Kevin Pollock, Dave Jackson. **Linesmen** — Jay Sharren, Brad Lazarowich. **Attendance** — 18,860 (18,860).

**SABRES 4, SENATORS 3 (SO)**

**First Period**

1. Ottawa, Condra 8, 8:27 (sh)  
**Penalties** — Michalek Ott (interference) 6:46, Pominville Buf (slashing) 16:19.

**Second Period**

No Scoring.  
**Penalties** — None.

**Third Period**

2. Washington, Perreault 12 (Semin, Wideman) 0:42.  
**Penalties** — Gerbe 6 (Ehrhoff, Roy) 9:28

3. Ottawa, Karlsson 17 (Neil, N.Filigno) 11:42  
4. Buffalo, Ennis 8 (Leopold, Leino) 19:41

**Penalties** — None.

**Fourth Period**  
5. Ottawa, Karlsson 18, 7:14  
6. Buffalo, M.Filigno 1, 14:06

**Penalty** — Michalek Ott (high-sticking) 8:37.

**Overtime**

No Scoring.  
**Penalties** — Karlsson Ott (tripping, unsportsmanlike conduct) 3:53.

**Shootout**

Buffalo wins 2-1

Buffalo (2) — Boyes, miss; Pominville, goal;

Ottawa (1) — Michalek, miss; Spezza, miss; Alfredsson, goal.

**Shots on goal by**

Buffalo 12 13 12 4-41  
Ottawa 7 21 7 1-36

**Goal** — Buffalo: Miller (W,24-18-5); Ottawa: Bishop (L,2-0-1). **Power plays (goals-chances)** — Buffalo: 0-3; Ottawa: 0-1.

**Referees** — Chris Rooney, Kelly Sutherland.

**Linesmen** — Derek Nansen, Mark Shewchuk. **Attendance** — 19,951 (19,153).

**FLYERS 1, MAPLE LEAFS 0 (SO)**

**First Period**

No Scoring.  
**Penalties** — None.

**Second Period**

No Scoring.

**Penalties** — Simmonds Pha (roughing, fighting), Crabb Tor (fighting), Phaneuf Tor (slashing),

Brown 66-67-71-276

Kevin Stadler, \$112,875 69-69-66-73-277

Scott Brown, \$133,000 69-72-65-70-276

Matt Jones, \$133,000 66-67-72-71-276

Kevin Stadler, \$112,875 69-69-66-73-277

Daniel Summerhayes, \$112,875 68-70-68-71-277

Blake Adams, \$94,500 74-68-68-68-278

Graham DeLaet, \$94,500 69-70-68-71-278

Also

Graham DeLaet (38), \$94,500 69-70-68-71-278

**Shots on goal by**

Buffalo 12 13 12 4-41  
Ottawa 7 21 7 1-36

**Goal** — Buffalo: Miller (W,24-18-5); Ottawa: Bishop (L,2-0-1). **Power plays (goals-chances)** — Buffalo: 0-3; Ottawa: 0-1.

**Referees** — Chris Rooney, Kelly Sutherland.

**Linesmen** — Derek Nansen, Mark Shewchuk. **Attendance** — 19,951 (19,153).

**FLAMES 4, WILD 3**

**First Period**

No Scoring.  
**Penalties** — None.

**Second Period**

No Scoring.

**Penalties** — Simmonds Pha (roughing, fighting), Crabb Tor (fighting), Phaneuf Tor (slashing),

Brown 66-67-71-276

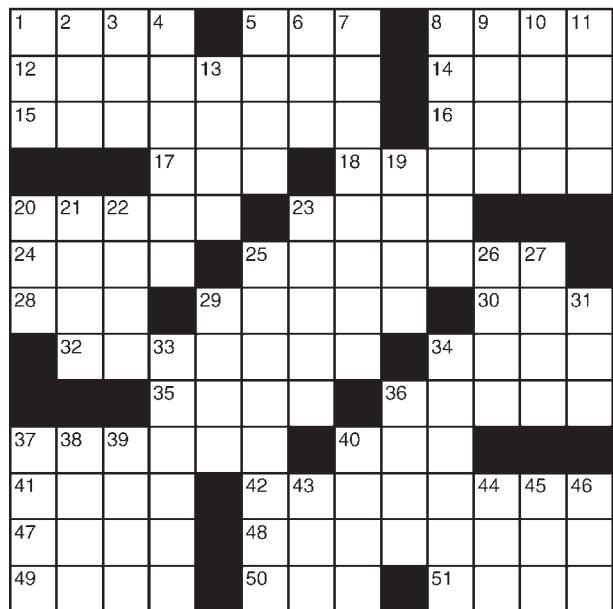
Kevin Stadler, \$112,875 69

Crossword

**Across**  
1 — and aahs  
5 Stir-frying vessel  
8 Gets older  
12 Opening night  
14 Cat of "Iron Chef"  
15 Priesthood school  
16 Barrel  
17 Actor Chaney  
18 Slim and trim  
20 Extraterrestrial  
23 Put your foot down?  
24 Infant  
25 Cabal member  
28 High card  
29 Sacha Baron Cohen portrayal  
30 Haul  
32 Emulate Ponce de Leon  
34 Car  
35 Freeway access  
36 "The — Is Right"  
37 Horseradish kin  
40 That woman  
41 Partner  
42 Florida State athlete  
47 Libertine  
48 Makes like  
49 Act  
50 Used a shovel  
51 Halt

**Down**

1 Photo — (PR events) 2  
Raw rock  
3 Height of fashion?  
4 John le Carré hero  
5 Remove gradually  
6 Hockey legend Bobby



7 Pennsylvania, the — State  
8 Take  
9 Soccer score  
10 Formerly, formerly  
11 Rice wine  
13 Part of the loop  
19 White House turndown  
20 Lawyers' org.  
21 "Arsenic and Old —"  
22 Mountain goat  
23 Drink noisily  
25 Made a vow  
26 Needle case  
27 Campus mil. grp.

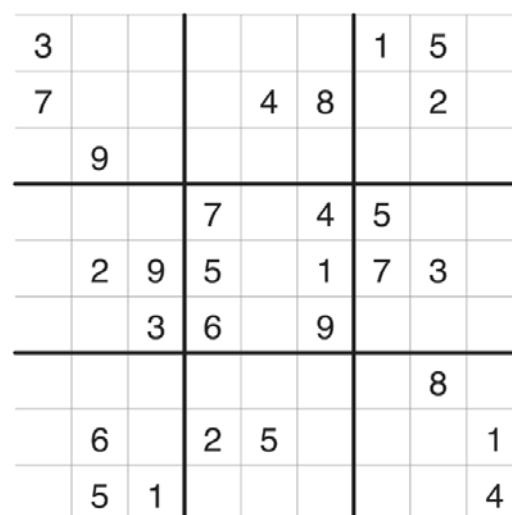
For today's crossword answers and for expanded horoscopes, go to metronews.ca



Friday's answer



Sudoku



How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Friday's answer



Horoscope

**Aries | March 21 - April 20.**  
Aim high by all means but don't lose sight of your limits.

**Taurus | April 21 - May 21.**  
You may feel rather emotional today and you would be wise not to keep it bottled up inside you.

**Gemini | May 22 - June 20.**  
You always have lots of ideas but the idea you have today will trump everything that went before.

**Cancer | June 21 - July 22.**  
Dealing with people in authority could be difficult today, so keep your emotions in check and don't take criticism personally.

**Leo | July 23 - Aug. 22.** Other people may be stunned by how

quickly you make up your mind and get things done today but they shouldn't be.

**Virgo | Aug. 23 - Sept. 22.**  
You may not have a choice about some of the things you are required to do today but you do have a choice about how you do them.

**Libra | Sept. 23 - Oct. 22.** You need to let partners and loved ones know how much you care.

**Scorpio | Oct. 23 - Nov. 21.**  
This is a hectic time for you and there are still a number of tasks that will need to be finished over the next few days.

**Sagittarius | Nov. 22 - Dec. 21.** Strive to see the bright side of

each and every situation you find yourself in, and if there really isn't a bright side, well, make one up!

**Capricorn | Dec. 22 - Jan. 18.** Some people may snap at you for no particular reason today but don't take their negativity seriously.

**Aquarius | Jan. 21 - Feb. 18.** Today's cosmic set-up suggests that you may be required to change direction suddenly and in a way that is not to your liking.

**Pisces | Feb. 19 - March 20.**  
It may be the case that you feel a bit restricted but in the fullness of time you will be glad that you were prevented from moving too far and too fast. **SALLY BROMPTON**

Send a kiss

**JJ SweetHeart.**  
Sometimes I lay in bed late at night thinking about you, the time we spent together, what we shared with each other on Valentine's day, what we will soon share and experience over the summer. I am looking forward to getting to know you more. I care about you and you are the most important person in my life babe.  
From Stoic Soldier

**Miserable Girl.** You told me you were going back home away from here and it just broke my heart. Because maybe in another time, another place, another world, we would have met earlier and maybe just maybe would you have stayed. But your ticket is bought. Your friends are waiting for you back home. And I'm here hoping for a second chance. I'll miss you.  
From Too Nice

**answer.** What you said to me was totally unfair btw, sorry I'm not like my talpc dark, italian half sister, she got the good side, not me, all we share is past promiscuity...  
From Crying



ANDREW SCHULTZ WEATHER SPECIALIST

"I get to spread the word on how your day, evening or weekend will shape up with our ever-changing weather here in Alberta".  
WEEKDAYS 5:30 AM

Weather

MONDAY

TUESDAY

WEDNESDAY



MAX: 7°  
MIN: -5°



MAX: 8°  
MIN: 2°



MAX: 5°  
MIN: -8°



You write it!

Write a funny caption for the image above and send it to play@metronews.ca — the winning caption will be published in Tuesday's Metro.



PIXEL  
BY BATTISTELLA

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Immigration & Visa

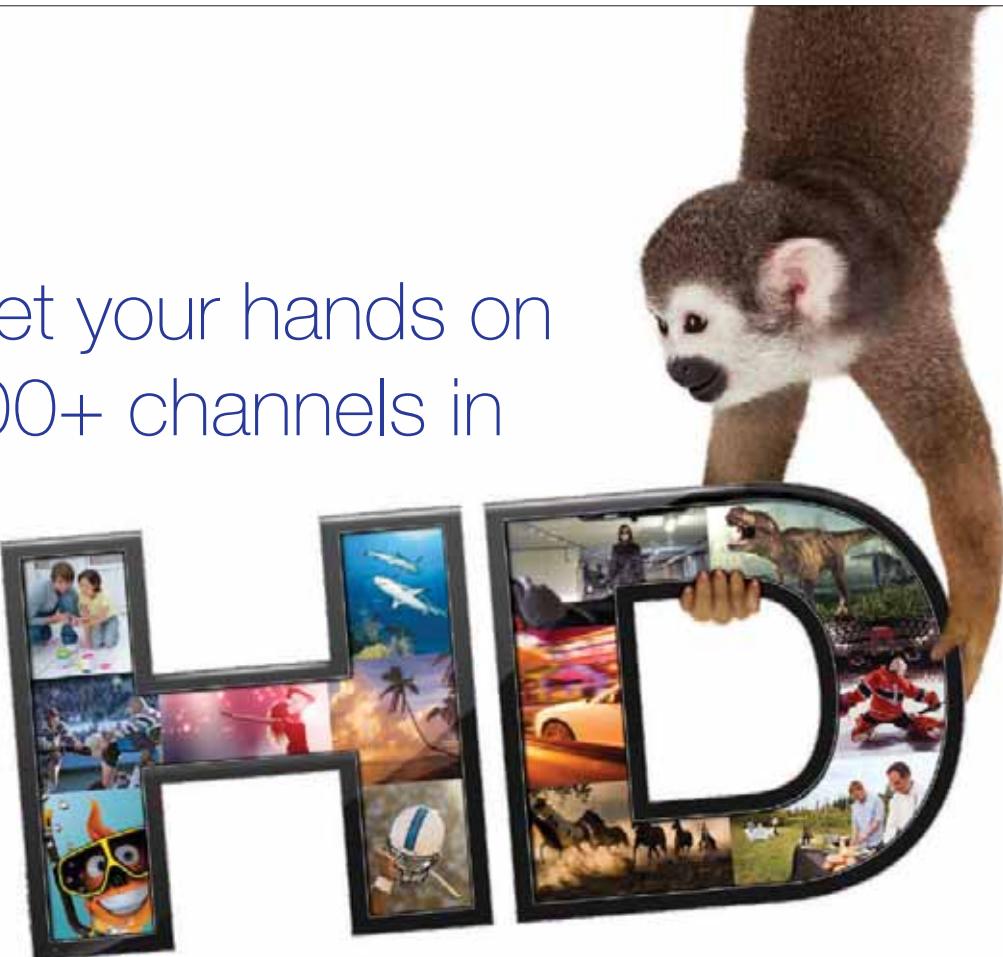
Immigration Consulting Group - 2nd floor, 638-11th Ave., SW, Calgary

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#### TELUS AUTHORIZED

#### DEALERS

##### Northwest

Beacon Hill Centre  
Dalhousie Station  
Market Mall  
North Hill Centre  
Northland Village Mall  
822 Crowfoot Cres. NW  
207 14th St. NW

##### Northeast

Country Hills Town Centre  
CrossIron Mills  
Deerfoot Mall  
Marlborough Mall  
Pacific Place  
Sunridge Mall  
2520 23rd St. NE  
2000 McKnight Blvd. NE  
323 - 2555 32nd St. NE  
1353 32nd Ave. NE

##### Southwest

Bankers Hall  
Bow Valley Square  
Chinook Centre  
Southcentre Mall  
TD Square  
Westbrook Mall  
Westhills Towne Centre  
6039 Centre St. S  
1708 8th St. SW  
16061 MacLeod Trail S  
6100 MacLeod Trail S  
4623 Bow Trail SW  
321 6th Ave. SW  
2008 33rd Ave. SW

##### Southeast

Dragon City Mall  
Quarry Park  
TELUS Convention Centre  
33 Heritage Meadows Way SE  
3012 17th Ave. SE  
1288 42nd Ave. SE  
7845 Flint Rd. SE  
4410 50th Ave. SE  
8500 Macleod Trail SE  
5222 130th Ave. SE

##### Airdrie

2145 Summerfield Blvd.

##### Strathmore

55 Wheatland Trail  
331 3rd Ave.

##### Okotoks

31 Southridge Dr.  
118 Elizabeth St.